

Udaigiri Mess March-April' 2025

Items	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Breakfast Mains	SANDWICH, POHA & SEV, DAHI, JALEBI, MASALA OATS	MASALA CORN, BESAN CHILA, NAMKEEN SEWAIYAN	VADA/IDLI, SAMBHAR WITH 2 CHUTNEY: COCONUT & TOMATO, KALA CHANA	PANEER PARATHA, PICKLE WITH CHUTNEY & DAHI, CORNFLAKES	VADA PAV WITH CHUTNEY, OMLETTE, SUJI KA HALWA	ALOO PYAAZ PARATHA, PICKLE WITH MINT CHUTNEY & DAHI, CORNFLAKES	DOSA, SAMBHAR WITH 2 CHUTNEY: COCONUT & TOMATO, BOILED EGGS
Breads	WHITE & BROWN BREAD, BUTTER & JAM, TOMATO SAUCE	WHITE & BROWN BREAD, BUTTER & JAM, TOMATO SAUCE	WHITE & BROWN BREAD, BUTTER & JAM, TOMATO SAUCE	WHITE & BROWN BREAD, BUTTER & JAM, TOMATO SAUCE	WHITE & BROWN BREAD, BUTTER & JAM, TOMATO SAUCE	WHITE & BROWN BREAD, BUTTER & JAM, TOMATO SAUCE	WHITE & BROWN BREAD, BUTTER & JAM, TOMATO SAUCE
Beverages	TEA/ COFFEE/ MILK WITH BOURNVITA	TEA/ COFFEE/ MILK WITH BOURNVITA	TEA/ COFFEE/ MILK WITH BOURNVITA	TEA/ COFFEE/ MILK WITH BOURNVITA	TEA/ COFFEE/ MILK WITH BOURNVITA	TEA/ COFFEE/ MILK WITH BOURNVITA	TEA/ COFFEE/ MILK WITH BOURNVITA
Healthy Options	SPROUTS & FRUITS	BEAN SALAD & FRUITS	FRUIT OATS	SPROUTS & FRUITS	SPROUTS & FRUITS	SPROUTS & FRUIT JUICE	SPROUTS & CHOCOS

Lunch							
Rice	PLAIN RICE	STEAMED RICE	PLAIN RICE	SOYA RICE	PLAIN RICE	KHICHDI	STEAMED RICE
Roti	CHAPPATI	CHAPPATI	CHAPPATI	CHAPPATI	CHAPPATI	CHAPPATI	BHATURE+KULCHE
Dal	RAJMA RASILA	MIX LIGHT DAL	DAL TADKA	DHABA DAL	KALI MASOOR DAL	DAL, KADHI	PINDI CHOLE
Vegetable	ALOO KI SABZI	MATER PANEER	SOYABEAN CHILLI	MIX VEG	PANEER+EGG BHURJI	ALOO MATAR	ALOO CHOKHA
Salad	GREEN SALAD	SEASONAL SALAD	KACHUMBAR SALAD	GREEN SALAD	GREEN SALAD	PASTA SALAD	GREEN SALAD
Curd/Raita/Papad	ROASTED PAPAD + CURD	CUCUMBER RAITA	CURD	CURD	PINEAPPLE RAITA	FRIED PAPAD	DAHI BHALLE
Extra Messing	Andha Bhurji/Paneer Bhurji/Veg or Egg Fried Rice/Half Fry/Full Fry (EXTRA MESSING COUPONS)						

Evening							
Beverage	COFFEE	TEA	TEA	COFFEE	TEA	TEA	TEA
Snacks	MASALA ALOO + BREAD	BREAD + JAM	BREAD + JAM	MASALA ALOO + BREAD	MASALA ALOO + BREAD	MASALA ALOO + BREAD + JAM	MASALA ALOO + BREAD + JAM
Snacks (Through extra messing coupons)	SAMOSA	SAMOSA	SAMOSA	SAMOSA	SAMOSA	SAMOSA	SAMOSA

Dinner							
Rice	STEAMED RICE	JEERA PULAO	PLAIN RICE	PLAIN RICE	SOYA RICE	F(X)	VEG + EGG/ CHICKEN BIRYANI
Roti	CHAPPATI	PURI + CHAPPATI*	CHAPPATI	CHAPPATI	CHAPPATI		CHAPPATI
Dal	DAL PUNJABI	AMRITSARI CHOLEY	MIX DAL LIGHT	DAL MAKHANI	MOONG MASOOR DAL		TOMATO PYAAZ RAITA
Vegetable	KADHAI PANEER/EGG CURRY	KADDU MASALA/ALOO TAMATAR	PANEER BUTTER MASALA/ CHICKEN CURRY	MALAI KOFTA	NAVRATNA KORMA		KALACHANA MASALA
Salad/Soup	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD		GREEN SALAD
Desserts	FRUIT CUSTARD	KHEER	PASTRY	GULAB JAMUN WITH ICE CREAM	CHHENA TOAST/ KESAR BARFI		MILK CAKE

MESS SECRETARY UDAIGIRI		MESS MANAGER UDAIGIRI		WARDEN UDAIGIRI
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